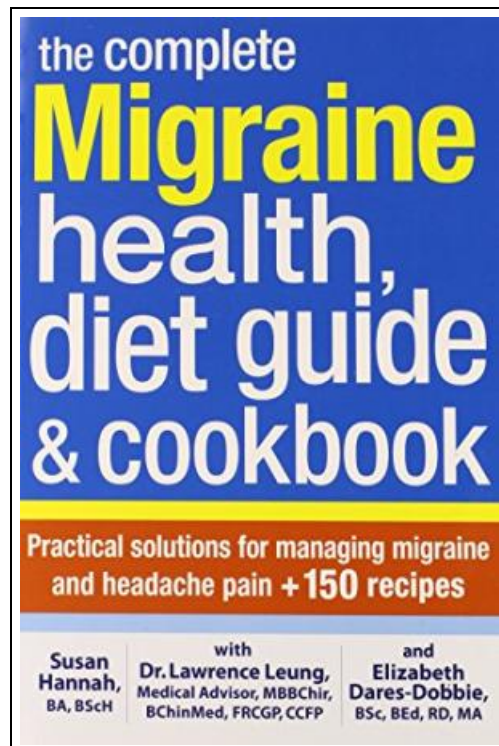


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A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.
(Prof. London Gerlach)

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ROBERT ROSE INC, Canada, 2013. Paperback. Condition: New. Language: English . Brand New Book. Despite the prevalence of migraine, tension and cluster headaches in the Western world, headaches still challenge the medical community. While there is no one cause or a specific cure, recent evidence-based research has shown that these headaches are associated with high levels of histamines in the body, and these can be managed effectively through diet and nutrition. The Complete Migraine Health, Diet Guide Cookbook presents this histamine hypothesis as a way for you to understand your headaches and leads you through steps intended to help prevent your headaches, avoid headaches altogether, or rescue you from your headaches when they occur. The Migraine Free Programme will help you to: Identify the signs and symptoms for migraines, cluster, and tension headaches; Discover the triggers that cause headaches; Understand the medical tests for diagnosing headaches; See the various treatments traditionally used by physicians and other healthcare providers, including the use of prescription medications, physiotherapy, and surgery; Weigh the benefits and risks of alternative treatments, such as acupuncture, body-mind medicine, and medicinal herbs; Understand the role of nutrition and diet in the management of headaches; Adopt a healthy meal plan that focuses on enjoying antihistamine headache foods and eliminating foods that increase the risk of headache; Select from among 150 recipes as you develop 30-day meal plans. The authors bring a unique collection of education, experience, and skills together to guide and support people who suffer from migraine, cluster, and tension headaches.



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